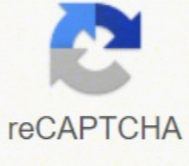




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Lesson 15

VICTORY

Principle 5: Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

"Happy are those whose greatest desire is to do what God requires." (Matthew 5:6)

Step 6: We are entirely ready to have God remove all these defects of character.

"Humble yourselves before the Lord, and he will lift you up." (James 4:10)

Step 7: We humbly asked Him to remove all our shortcomings.

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9)

Think About It

How can you have VICTORY over your defects of character?

Voluntarily submit

God Voluntarily submit to every change God wants me to make in my life and humbly ask Him to remove my shortcomings.

"Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him.... Let God transform you inwardly by complete change of your mind." (Romans 12:1-2, GNB)

In Principle 3 we made a decision to turn our lives over to God's will. Now "you are entirely ready to have God remove all your defects of character" (Step 6). It is important to understand that Principle 5 is a process. Lasting change takes time. The remainder of this lesson outlines the process to have God make the positive changes in your life that you and He both desire.

Identify character defects

Identify which character defects you want to work on first. Go back to the wrongs, shortcomings, and sins you discovered in your inventory. Ask God to first remove those that are causing the most pain.

"In his heart a man plans his course, but the LORD determines his steps." (Proverbs 16:9)

Change your mind

When you become a Christian you are a new creation – a brand new person inside; the old nature is gone. But you have to let God (change) transform you by renewing your mind. The changes that are going to take place are a result of a team effort – your responsibility is to take the action to follow God's directions for change.

"Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will." (Romans 12:2)

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| Date | Page | Principle | Step 6 | Step 7 | Thought |
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Lesson 21

RELAPSE

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Step 11: We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

"Let the word of Christ dwell in you richly." (Co. 3:16)

Think About It

The best ways to prevent relapse can be summarized in the acronym RELAPSE.

Reserve a daily quiet time

Principle 7 sums it up best: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain the power to follow His will.

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak." (Mark 14:38)

Evaluate

Your evaluation needs to include your physical, emotional, relational, and spiritual health. And don't forget the value of doing a "H-E-A-R-T" check. Are you...

- Hating
- Exhausted
- Angry
- Resentful
- Tense

Special instructions for this step are found in Romans 12:3-17 (TLB): "Be honest in your estimate of yourselves... Hate what is wrong. Stand on the side of the good. Love each other... Be patient in trouble... Do things in such a way that everyone can see you are honest clear through."

Listen to Jesus

We need to take a time-out from the world's "rat race" long enough to listen to our bodies, our minds, and our souls. We need to slow down enough to hear the Lord's directions.

"Test everything that is said to be sure it is true, and if it is, then accept it." (1 Thes. 5:21)

"Let everyone be sure that he is doing his very best, for then he will have the personal satisfaction of work well done and won't need to compare himself with someone else." (Gal 6:4)

"Listen to the Lord, Hear what he is telling you." (Isaiah 1:10)

Alone and quiet time

Jesus Christ spent time alone with His Father. You need to do the same. Set a daily appointment time to be alone with God. Listen carefully; learn how to hear God!

"Be still, and know that I am God." (Psalm 46:10)

DAILY INVENTORY

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Step 10: We continued to take personal inventory, and when we were wrong, promptly admitted it.

“So, if you think you are standing firm, be careful that you don’t fall!” (1 Cor. 10:12)

Think About It

In Principle 7 & Step 10, we begin to apply what we have discovered in the first six principles and nine steps: We humbly live in reality, not denial; we have done our best to make amends for our past; we desire to grow daily in our new relationships with Jesus Christ and others.

God has provided us with a daily checklist for our new lifestyle. It’s called the “Great Commandment”:

“Love the Lord your God with all your heart... soul and ...mind”. This is the first and greatest commandment. And the second is like it: “Love your neighbor as yourself.” All the Law and the Prophets hang on these two commandments.” (Matt 22:37-40)

James 1:22 encourages us: “Do not merely listen to the word, and so deceive yourselves. Do what it says.” When we practice the Great Commandment, we become doers of God’s Word, living examples of Christ. Our walk lines up with our talk! The apostle Paul lived that way. He says in 1 Thessalonians 1:5 (TLB), “Our very lives were further proof to you of the truth of our message.”

There are three ways to do a Step 10 inventory.

Ongoing

We can do this periodically throughout the day. The best time to admit we are wrong is the exact time that we are made aware of it! Why wait? We need to make amends ASAP! We will sleep a lot better at night!

Daily

At the end of each day we need to look over our daily activities – the good and the bad. We need to search for where we might have harmed someone or where we acted out of anger or fear. The best way to do this is to keep a journal! Then the next morning as promptly as we can, we need to admit mistakes and make our amends.

Periodic

Every three months, get away for a “mini retreat.” Bring your daily journal with you. Pray and read your daily entries. Ask God to show you areas in your life that you can improve over the next ninety days and the victories that you have made in the last ninety days!

The Bible gives us instructions on how to avoid the necessity of making an amends in Step 10:

“Intelligent people think before they speak; what they say is then more persuasive.” (Proverbs 16:23)

“Let no foul or polluting language, nor evil word nor unwholesome or worthless talk (ever) come out of your mouth, but only such (speech) as is good and beneficial to the spiritual progress of others.” (Ephesians 4:29)

“A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is.” (Proverbs 16:21)

“A word of encouragement does wonders!” (Proverbs 12:25)

READY

Principle 5: Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

“Happy are those whose greatest desire is to do what God requires.” (Matthew 5:6)

Step 4: We were entirely ready to have God remove all these defects of character.

“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)

Think About It

What does it mean to be entirely READY to have God remove our character defects?

Release control

God is a gentleman. In Principle 3 He didn’t force His will on you. He waited for you to invite Him in! Now in Principle 5 you need to be entirely ready, willing to let God into every area of your life. He won’t come in where He is not welcomed.

It has been said that “willingness is the key that goes into the lock and opens the door that allows God to begin to remove your character defects.”

“Help me to do your will, for you are my God. Lead me in good paths, for your Spirit is good” (Psalm 143:10, TLB)

Easy does it!

These principles and steps are not quick fixes! You need to allow time for God to work in your life. This principle goes further than helping you to stop doing wrong. It goes after the very defect that causes to you sin! It takes time!

“Commit everything you do to the Lord. Trust him to help you do it and he will.” (Psalm 37:5, TLB)

Accept the change

Seeing the need for change and allowing the change to occur are two different things. Principle 5 will not work if you are still trapped by your self-will. You need to be ready to accept God’s help throughout the transition.

“So then, have your minds ready for action. Keep alert and set your hope completely on the blessing which will be given you when Jesus Christ is revealed. Be obedient to God, and do not allow our lives to be shaped by those desires you had when you were still ignorant.” (1 Peter 1:13-14, GNB)

Do replace your character defects

You spent a lot of time with your old hang-ups, compulsions, obsessions, and habits. When God removes one, you need to replace it with something positive, such as recovery meetings, church, service, and volunteering! If you don’t, you open yourself for a negative character defect to return.

“When an evil spirit goes out of a person it travels over dry country looking for a place to rest. If it can’t find one, it says to itself, “I will go back to my house.” So it goes back and finds the house empty... then it goes out and brings along seven other spirits even worse than itself, and they come to live there.” (Matthew 12:43-45, GNB)

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I do this for protection, but at the same time it hurts because we can’t grow in our relationship with God without others... so m m To start working on this. Are you starting to develop a support team? I need to continue talking to others who have been there and I need to continue talking to God. As a child, what coping skills did you use to attract attention or to protect you? I fight out because I’m afraid that people escape once they discover my secrets. The store will not work properly if cookies are disabled. À e à ,– "The actions of others - my anger / character À e à ,–" How God works in my life and those who bring in my life to influence it - my relationship with food - my apartment ... As the paradise is still completely transferred after living here for 2.5 years! À e à ,– "urges to hurt myself / destroy my body (self-injury and related food) À e à ,–" thoughts À e à ,–" "unwantedÀ e à ,–" if I wake up in the morning because God in the end he decides when I take home - my finances - the situation of work, while I continue to find myself work that are not using my abilities or making a difference in my career movement - my relationships (Healthy and Malsane) with the family and friends À e à ,– "The overall unhealthy relationship I have with my body À e à ,–" How far my RSD (damage to the nerves) progresses - the people who enter and out From my life and the reasons why they came and left À e à ,– "(something I'm not ready to share here again, but God knows what it is) 3. In what areas of your life are now beginning to face Reality and break the effects of denial? 9. Are you asking phone numbers in your meetings? 8. À e à ,– "Listen to the journey of others who are in healing or have taken the time to develop an intimate relationship with God. 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I will also begin to take the fault is for my actions, rather than blaming God or others. I intended Celebrate Recovery and it didnèÀÀÀT quite work out. In your family or church, what was the eÀÀÀfamily secretèÀÀÀ that everyone was trying to protect? IèÀÀÀm really trying at church and I feel like IèÀÀÀm making connections, just slowly. There is nothing wrong with wanting companionship, but IèÀÀÀm working hard on establishing healthy boundaries within my relationships. I struggle reaching out because I donèÀÀÀT want to burden anyone with my problems or struggles. I was raised in the church and church and pain and recovery and pain and God and feelings and all of that get all messy in my head. head.

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